

## Daily Online Recovery Meetings as of 4-10-20

### **SUNDAY**

#### **Recovery Dharma Meeting**

The Recovery Dharma meeting uses Buddhist philosophies in a non-theistic way to heal the suffering of addiction. Meetings use meditation, self-inquiry, compassion, and sharing to achieve and maintain recovery.

- Recovery Dharma meetings are inspired by Buddhist philosophies, not Buddhist religion, to find freedom from the suffering of addiction of all kinds. Anyone can walk this alternative path using mindfulness and empowerment and combine the tools with other programs for lasting recovery.
- Buddhist inspired, not Buddhism required™.
- “Sitting Group” style meeting

3:00 p.m. Pacific / Arizona Time

[4:00 p.m. Mountain, 5:00 p.m. Central, 6:00 p.m. Eastern]

[CLICK HERE to join the Recovery Dharma Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

#### **Open AA Topic/Discussion Meeting**

6:30 p.m. Pacific / Arizona Time

[7:30 p.m. Mountain, 8:30 p.m. Central, 9:30 p.m. Eastern]

[CLICK HERE to join the Open AA Topic/Discussion Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

### **MONDAY**

#### **12 Step Discussion Meeting**

Open Alcoholics Anonymous Meeting

7:00 a.m. Pacific / Arizona Time

[8:00 a.m. Mountain, 9:00 a.m. Central, 10:00 a.m. Eastern]

[CLICK HERE to join the 12 Step Discussion Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

#### **12 Step Workshop**

Explore an important topic from the 12 steps.

3:00 p.m. Pacific / Arizona Time

[4:00 p.m. Mountain, 5:00 p.m. Central, 6:00 p.m. Eastern]

[CLICK HERE to join the 12 Step Workshop](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

## **Al-Anon**

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

5:00 p.m. Pacific / Arizona Time

[6:00.p.m. Mountain, 7:00.p.m. Central, 8:00 p.m. Eastern]

[CLICK HERE to join the Al-Anon meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

## **Alcoholics Anonymous (AA) Open Meeting – "Positive Talk"**

Open Alcoholics Anonymous Meeting – Everyone is welcome!

6:30 p.m. Pacific / Arizona Time

[7:30 p.m. Mountain, 8:30 p.m. Central, 9:30 p.m. Eastern]

[CLICK HERE to join the Alcoholics Anonymous \(AA\) Open Meeting – "Positive Talk"](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

## **TUESDAY**

### **12 Step Discussion Meeting**

Open Alcoholics Anonymous Meeting

9:00 a.m. Pacific / Arizona Time

[10:00 a.m. Mountain, 11:00 a.m. Central, 12:00 p.m. Eastern]

[CLICK HERE to join the 12 Step Discussion Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

### **Four Agreements Workshop**

The Four Agreements Workshop is based on the book by bestselling author Don Miguel Ruiz, *The Four Agreements: A Practical Guide to Personal Freedom*.

12:00 p.m. Pacific / Arizona Time

[1:00 p.m. Mountain, 2:00 p.m. Central, 3:00 p.m. Eastern]

[CLICK HERE to join the Four Agreements Workshop](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

### **Sober Sisters: A Women-Only Support Group**

Sorry guys, this is a closed meeting *for women only!* All participants must have video webcams on during the meeting.

5:30 p.m. Pacific / Arizona Time

[6:30 p.m. Mountain, 7:30 p.m. Central, 8:30 p.m. Eastern]

[CLICK HERE to join the Sober Sisters Support Group](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

### **Alcoholics Anonymous (AA) Open Meeting**

Everyone is welcome.

6:30 p.m. Pacific / Arizona Time

[7:30 p.m. Mountain, 8:30 p.m. Central, 9:30 p.m. Eastern]

[CLICK HERE to join the AA Open Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

## **WEDNESDAY**

### **12 Step Discussion Meeting**

Open Alcoholics Anonymous Meeting

7:00 a.m. Pacific / Arizona Time

[8:00 a.m. Mountain, 9:00 a.m. Central, 10:00 a.m. Eastern]

[CLICK HERE to join the 12 Step Discussion Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

### **Spirituality Workshop**

Spirituality can be a difficult topic for many people. Your workshop facilitator breaks down the issues and barriers, and shares practical solutions.

10:00 a.m. Pacific / Arizona Time

[11:00 a.m. Mountain, 12:00 p.m. Central, 1:00 p.m. Eastern]

[CLICK HERE to join the Spirituality Workshop](#)

### **Alcoholics Anonymous (AA) Open Meeting**

AA Newcomer First Step Study. Everyone is welcome.

5:30 p.m. Pacific / Arizona Time

[6:30 p.m. Mountain, 7:30 p.m. Central, 8:30 p.m. Eastern]

[CLICK HERE to join the AA Open Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

## **THURSDAY**

### **12 Step Discussion Meeting**

Open Alcoholics Anonymous Meeting

9:00 a.m. Pacific / Arizona Time

[10:00 a.m. Mountain, 11:00 a.m. Central, 12:00 p.m. Eastern]

[CLICK HERE to join the 12 Step Discussion Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

### **“Sober for More Than a Year – Now What?” Workshop**

Workshop

12:00 p.m. Pacific / Arizona Time

[1:00 p.m. Mountain, 2:00 p.m. Central, 3:00 p.m. Eastern]

[CLICK HERE to join the “Sober for More Than a Year – Now What?” Workshop](#)

### **Thin Line Support Group**

**First Responders Only, Please!** A closed support meeting, open to all first responders struggling with stress, trauma, substance problems, and anything else.

5:00 p.m. Pacific / Arizona Time

[6:00 p.m. Mountain, 7:00 p.m. Central, 8:00 p.m. Eastern]

[CLICK HERE to join the Thin Line Support Group](#)

### **Alcoholics Anonymous (AA) Open Meeting**

Everyone is welcome.

6:30 p.m. Pacific / Arizona Time

[7:30 p.m. Mountain, 8:30 p.m. Central, 9:30 p.m. Eastern]

[CLICK HERE to join the AA Open Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

## **FRIDAY**

### **Narcotics Anonymous Meeting**

Open Narcotics Anonymous meeting

10:00 a.m. Pacific / Arizona Time

[11:00 a.m. Mountain, 12:00 p.m. Central, 1:00 p.m. Eastern]

[CLICK HERE to join the Narcotics Anonymous Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

### **Recovery Fellowship**

This is an open FELLOWSHIP gathering space where people can share their experience, strength, and hope with one another and help others to achieve sobriety through the discussion of recovery-related topics, including the 12 Steps.

5:30 p.m. Pacific / Arizona Time

[6:30 p.m. Mountain, 7:30 p.m. Central, 8:30 p.m. Eastern]

[CLICK HERE to join the Recovery Fellowship meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

### **12 Step Discussion Meeting**

Open Alcoholics Anonymous meeting

6:30 p.m. Pacific / Arizona Time

[7:30 p.m. Mountain, 8:30 p.m. Central, 9:30 p.m. Eastern]

[CLICK HERE to join the 12 Step Discussion Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

## **SATURDAY**

### **Alcoholics Anonymous (AA) Open Meeting**

9:00 a.m. Pacific / Arizona Time

[10:00 a.m. Mountain, 11:00 a.m. Central, 12:00 p.m. Eastern]

[CLICK HERE to join the AA Open Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*

### **Open AA Topic/Discussion Meeting**

6:30 p.m. Pacific / Arizona Time

[7:30 p.m. Mountain, 8:30 p.m. Central, 9:30 p.m. Eastern]

[CLICK HERE to join the Open AA Topic/Discussion Meeting](#)

*(Meeting leaders will end all meetings with no participants 15 minutes after start time.)*